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GRAMMY-AWARD WINNERS RELEASE THEIR FOURTH ALBUM — THE AMBITIOUS REFLEKTOR

PAGE 11

Trial ordered for Fontana's fraud case

Defence lawyer says there probably won't be a jury — because it may be difficult to find impartial jurors PAGE 4

Lightning dishing out freebies

London basketball team to make surprise visits to six schools — and give 3,000 kids game tickets PAGE 5

Turning into the undead is hard work

Check out our five-step guide for turning into a zombie for that Halloween party PAGE 6

NEWS WORTH SHARING.

The new Rexall store at Dundas and Richmond streets fills a key space in the downtown core's streetscape, says the executive director of downtown's business association. MIKE DONACHIE/METRO

A colourful opening in the downtown core

'Definite benefit'. Drug store launches, filling long-empty space at main crossroads

It's big, blue and so pristine and new that it looks out of place on the northeast corner of the otherwise well-worn Dundas and Richmond streets.

After more than seven years of aging and emptiness, the old CIBC building has sprung back to life with this week's opening of Rexall Pharma Plus. Not far from its major competitor, Shoppers Drug Mart, it's the type of anchor store that helps to make a downtown core appealing to both commuters and residents, said Janette MacDonald, executive director of downtown's business association.

"There's definite benefit to being in the downtown. If Rexall (is) here, that means the downtown is thriving," she said. "So for us, that gives us credibility to what we've been saying for a long time."

MacDonald added that one of the jewels in the downtown crown that's still missing is a grocery store, but that need is quickly being filled by a number of sources. Still, one-stop shopping would be beneficial.

"I think to have a major grocery store in the downtown is important," she said, "however, people are finding a way to get around it. Shopper's is offering a big grocery component, so is Rexall. ... We have the (Covent Garden Market), and we have a (Value-mart) just up at Oxford and Richmond, so people are finding a way to do it. If I were a grocery store, I'd be getting in right now."

Rexall Pharma Plus struck a deal with local real estate magnate Shmuel Farhi earlier this year to take over two floors and 15,000 square feet of retail space downtown.

SCOTT TAYLOR/METRO

Rexall

- **Number of stores in Ontario:** 280
- **Number of stores in London:** 10 (including the new downtown location)
- **Number of staff downtown:** 26

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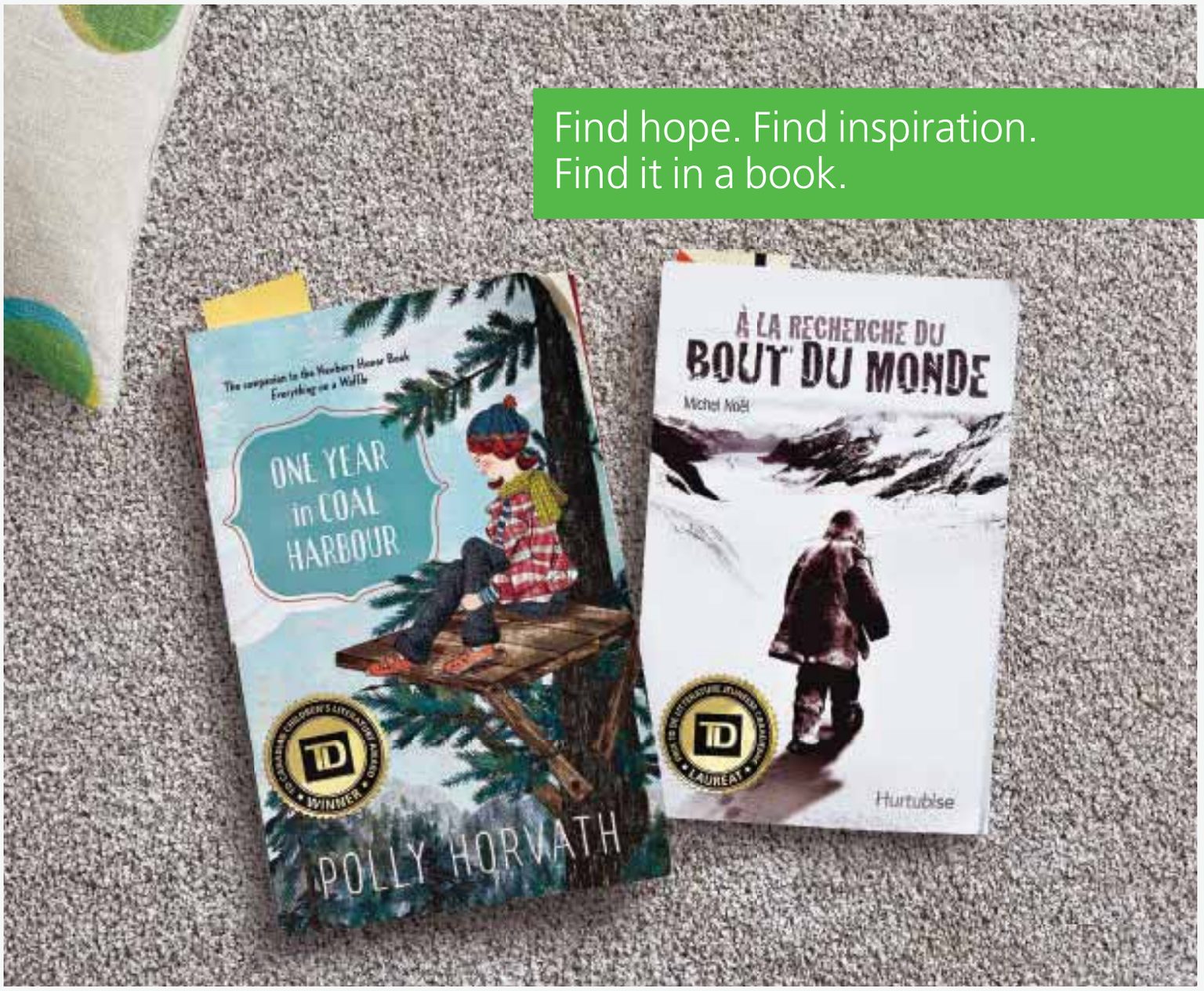

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Loan programs. Council looks set to boost biz

A success story in improving two areas of London looks set to continue after a decision Tuesday night at city hall.

Council members expressed enthusiasm for loan programs which encourage property owners to invest in Old East Village and downtown.

Leading organizations in the areas gave presentations to the planning and environment committee at city hall, asking for the programs to be extended.

As part of the programs, the city loans money to property owners in targeted areas so they can improve buildings. Then, if the work is done, up to 50 per cent of the loan is forgiven.

It gives the city a way of making sure the areas improve. It's also partly self-funding, due to the repayments.

The programs were due to stop at the end of the year, so representatives of the Old East Business Improvement Area were at the committee to ask for an extension to the end of 2014.

"This is a no-brainer in the sense that it's obviously working," said Mayor Joe Fontana.

He and other members heard of increasing property values, decreasing numbers of vacant buildings and private-sector investment of more than five times the amount paid by the taxpayer.

City planner John Fleming said the extension will cost no more than $1.1 million, which is already contained in city budgets.

The committee agreed to the extension, which will go before the next full council meeting. MIKE DONACHIE/METRO

Ready for the off: Graham Fowler, his mother, Faye, and their dog, Lila, prepare for the big walk. MIKE DONACHIE/METRO

Londoner taking on marathon hike

Raising scholarship funds. Apprentice bricklayer to walk the Bruce Trail — and back

He would walk 500 miles, and he would walk 500 more.

Then a bit more, just for good measure, except it's measured in kilometres. London's Graham Fowler, 32, is ready to wear out his shoes by being the first person to walk the Bruce Trail, then back again.

The 1,900-kilometre journey begins Friday, and Fowler is heading north Wednesday to prepare.

The lifelong Londoner and apprentice bricklayer has been training for months for his big feat, and he's doing it for a good cause.

It's in aid of the Boys and Girls Club. Fowler is setting up a scholarship memorial fund for his grandmother, Sara Rie Larson, who volunteered with the club for 25 years.

Asked Tuesday why he's doing it, he said: "Why not? I'm recently single, and I've done a lot of distance hiking like this before."

He added: "We're just putting the last few things in the motor home right now and we're going to get going bright and early tomorrow morning."

Keeps on trekkin'

1,900

Distance in kilometres Graham Fowler will tackle on his Bruce Trail walk.

Fowler's training, doing loops of Fanshawe Lake, has been affected by illness. He's laid low due to a virus but, despite taking a break, he's still confident.

"I'm ready to go," he said. "It's been two, three months now I've been training up at the lake and I feel good. I feel ready to get going."

The huge walk starts at Tobermory and takes him all the way to Queenstown before he turns around and heads for Tobermory again.

The walk will take five to six weeks and will involve covering 40 to 50 miles per day. It's an assisted walk, meaning his mother will be along with a motor home. Along for the walk will be his dog Lila, a Labrador–Shepherd mix. MIKE DONACHIE/METRO

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Mayor Fontana to face full trial, likely not before jury

Fraud charges. Fontana's lawyer says impartial jurors would be hard to come by

MIKE DONACHIE
mike.donachie@metronews.ca

There will be a full trial as Mayor Joe Fontana fights fraud charges, but there probably won't be a jury.

Defence lawyer Gord Cudmore confirmed outside the London courthouse Tuesday that he likely won't ask for a jury trial, saying it would be difficult to find impartial jurors.

Though both sides had agreed Monday that a full trial would take place after a two-day preliminary hearing, the final decision rested with judge Ronald Marion.

The two days of evidence, which can't be reported due to a publication ban, are enough to justify a trial, he ruled Tuesday.

But that didn't have Cudmore worried, he said. The evidence needed for a trial was based on a "minimal test," said the lawyer, who echoed the mayor's comments outside court that he was "rather confident."

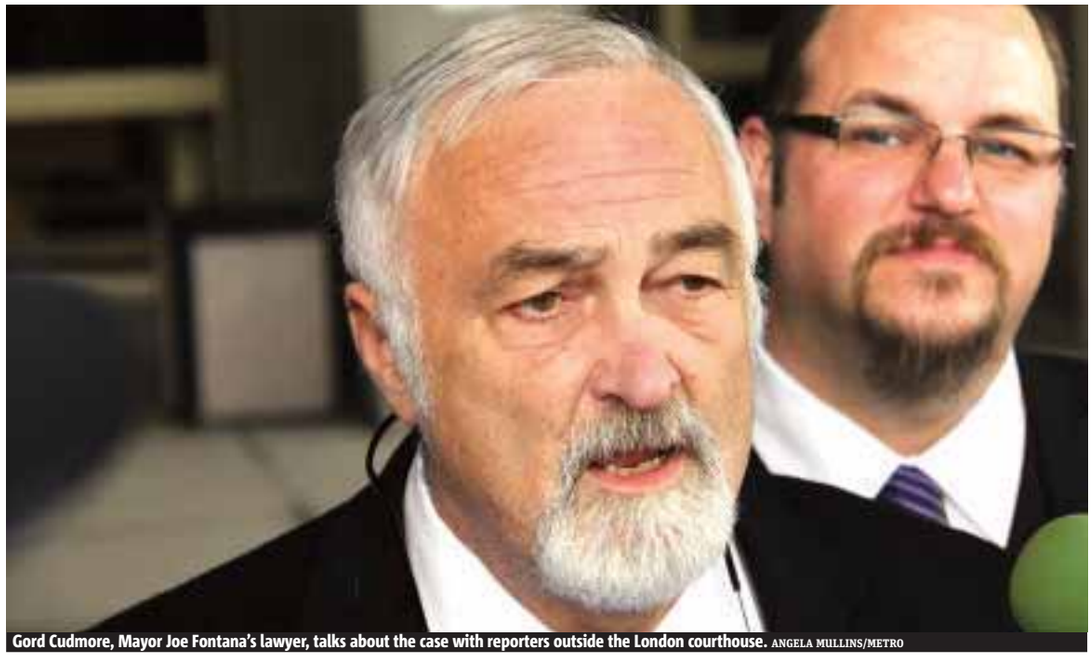
"I think that the preliminary hearing unfolded as I had hoped it would," said Cudmore.

Cudmore said he will probably not seek a jury trial.

"If I were a betting man, I would bet it would be before a judge alone," he said. "This is a highly publicized trial. It's harder to pick a jury of impartial people. I'm not suggesting for a second that we couldn't do it but it is harder."

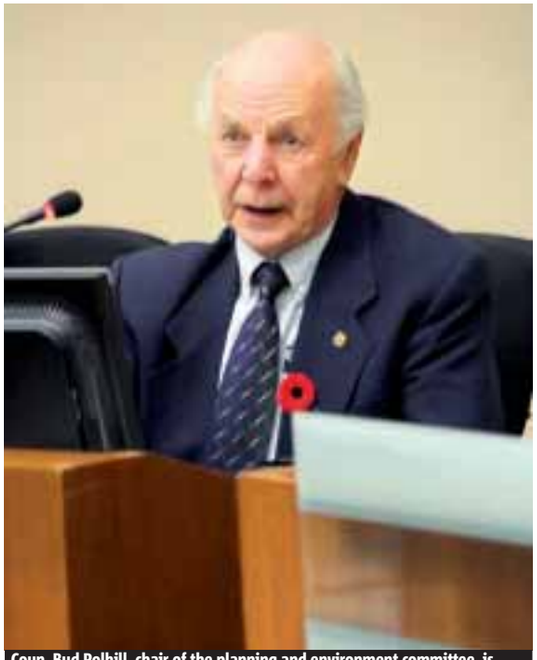
He expressed a hope that the trial will take place in the spring. Cudmore also predicted the trial will take three to four days.

The next step is for the Ontario Superior Court of Justice to set a trial date. The earliest that decision will be made is Nov. 19.



Gord Cudmore, Mayor Joe Fontana's lawyer, talks about the case with reporters outside the London courthouse. ANGELA MULLINS/METRO

Paying to keep Forest City green



Coun. Bud Polhill, chair of the planning and environment committee, is leading an effort to have the city's trees counted as capital assets.
MIKE DONACHIE/METRO

City staff have crunched the numbers to find ways to replace London's trees.

As the emerald ash borer destroys thousands, the Forest City has been working to plant more in their place.

But, with special provincial funding about to end, city hall has been focused on how to keep the program going.

A series of scenarios was presented at Tuesday's planning and environment committee.

Staff have moved money from various programs and budgets to inject an extra $400,000 per year into replacing trees. They called that "the base case."

Councillors were given other options. Adding no money to the $400,000 means a nine-year replacement program. Adding $200,000 means six years. Adding $500,000 means four years.

In the end, they decided the six-year program was their preferred option, but that will need to be approved at the next meeting of the full council.

It must also be approved as part of the city budget process. Tuesday night's decision remains a recommendation, although it is a strong one.

"It's a business case," said Coun. Paul Hubert.

As for Coun. Bud Polhill's idea of borrowing money while using the trees as an asset, that's still possible. The committee agreed to ask the province for permission and to look into all funding possibilities.

MIKE DONACHIE/METRO

Tree-planting rate

If, as councillors indicated, they do go with a six-year tree-replacement program, it will cost about $600,000.

- That means $400,000 moved in from other budgets, plus another $200,000 of extra cash.
- The committee heard that planting targets are optimistic but achievable, and the total over the six years could be between 10,400 and 12,000 trees.

Sears. Masonville Place one of five stores closing

Sears Canada has announced that it will sell the leases and close five stores in Canada, including the one at Masonville Place mall.

About 150 employees work at the Masonville store, but countrywide roughly 965 people could lose their jobs as the retail giant trims down in the face of competition.

The other stores are at Toronto's Eaton Centre and Sherway Gardens, Markville Shopping Centre in Markham and Richmond Centre in Richmond, B.C.

Officials would not confirm reports Tuesday that U.S. high-end retailer Nordstrom will take over the Masonville space when Sears leaves by Feb. 28. Some of Sears' previously divested locations have already been picked up by Nordstrom.

Masonville Place general manager Daryl Clemance said the mall doesn't publicly discuss tenant negotiations.

"What I can say is Nordstrom is coming to Canada, so it would perhaps be logical for some people to think they'll come here," he told Metro.

The news about Sears leaving "all came about fairly quickly," he added.

An official with Nordstrom also declined comment.

The sale of the Sears' leases is considered the largest move of its kind since the company began shedding assets and cutting jobs. The Eaton Centre sale is especially notable, as it is one of Sears' most visible locations in Canada.

The sale has also prompted questions about the viability of Sears' attempted turnaround, especially after Calvin McDonald, the retailer's former CEO, abruptly resigned last month for a job at North American beauty giant Sephora.

SCOTT TAYLOR/METRO
WITH FILES FROM THE CANADIAN PRESS

Cashing in

$400M

Value placed on Sears' decision to sell leases of five Canadian stores, including one in London.

Alcohol policy. Wynne just says no to beer, wine sales in corner stores

Ontario's Liberal government will not allow corner stores to sell beer and wine, but will broaden their availability through speciality outlets and grocery stores, Premier Kathleen Wynne confirmed Tuesday.

"We have a terrific distribution network and we're going to continue to work with the LCBO to increase that distribution network," she said.

The Ontario Convenience Stores Association — which includes Avondale, 7-11 and Mac's as well as Petro-Canada, Imperial Oil and Canadian Tire — wants to sell local wines and craft beers.

It's time to modernize the province's alcohol retailing system, and corner stores have agreed to dedicate 30 per cent of their beverage shelf space to Ontario wines and craft beers, said association CEO David Bryans.

Kathleen Wynne
TORSTAR NEWS SERVICE FILE

"This isn't about replacing the LCBO, The Beer Store or private wine stores," he said. "We're talking about adding to the system for the benefits of Ontario wineries, craft brewers and consumers alike."

Selling beer and wine in corner stores was an idea first proposed by former Liberal premier David Peterson in the 1980s, but his government never followed through on the idea. THE CANADIAN PRESS

Debate. Undergraduate alliance taps London, Western as hosts

Students will debate the issues that matter to them during a major event in London.

Undergraduates from across the province will meet from Friday to Saturday at the general assembly of the Ontario Undergraduate Student Alliance.

It will take place at Western University and let students debate and establish policy on issues affecting the province's universities and colleges.

The assembly has three areas of focus: student success in the classroom and beyond, increasing attainment among under-represented groups and ancillary fees.

OUSA represents the interests of more than 140,000 professional and undergraduate, full- and part-time university students at eight member associations across Ontario.

MIKE DONACHIE/METRO

Airing concerns

Meeting to focus on rowdy students

A Nov. 13 meeting is planned at city hall to give people a chance to air concerns and suggest solutions for dealing with rowdy student behaviour in neighbourhoods near Western University and Fanshawe College.

The meeting is planned for 7 p.m. in city council chambers.

Officials from the city's Town and Gown committee will be on hand to hear comments. Police and students representatives will make presentations. METRO

Investigation

Sleeping man leads to drug bust

A man found asleep in his car Monday in the parking lot at 242 Wellington Rd. led cops to a drug seizure.

The investigation, which started as one for impaired driving, saw police execute search warrants at homes on Martinet Avenue and Fairhaven Circle.

Cops seized large quantities of drugs including cocaine, crack cocaine and crystal meth. Five people are facing charges. METRO

Students and staff at Evelyn Harrison school get a series of high-fives from London Lightning players as they pay a special visit Tuesday. ANGELA MULLINS/METRO

London Lightning sharing the love

Basketball. Team heads into schools to hand out high-fives, a few freebies

DAVE LANGFORD
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The London Lightning spread a little off-court joy around the Forest City on Tuesday.

Players and team officials hit the road, making surprise visits to six schools and giving 3,000 kids free tickets to Saturday's home opener. The initiative will see the upper bowl of Budweiser Gardens opened — and filled with young fans — for the first time in the Lightning's three years.

Hilary Montgomery-Pumaren, vice-principal at Evelyn Harrison school, fought tears during the assembly at her school, recounting how the Lightning helped her recover from a battle with cancer.

Her words — which came after a spirited question-and-answer session between players and students — marked a special few minutes in the assembly.

"Initially, my husband (Richard) talked about the Lightning from the start," Montgomery-Pumaren, a four-year cancer survivor, said after the event. "After the Lightning visited (Montgomery-Pumaren's previous school), I went home to my husband and said, 'We've got to get out to a game.'

"So as a birthday present, I bought him tickets for the rest of the regular season the first year."

Attending the games as a family, she said, helped her heal after surgery, chemotherapy and radiation. She continues to be on medication.

"Surviving is one thing but getting back to leading a full life is another whole challenge, if you are fortunate enough to be a survivor," she said.

The Lightning games were the perfect therapy for her whole family.

"It's just a place to go and forget about your troubles and just have a wonderful time, a wonderful experience and to really be inspired by the determination and the joy the players show at every game," she said.

Want more Lightning?

Check metronews.ca on Wednesday for Overtime with Micheal Ray Richardson, Metro's weekly London Lightning video chat with the team's coach.

Grits clamp down on MPP housing-expense rules

Ontario's governing Liberals moved Tuesday to tighten expense rules for elected politicians amid a Senate scandal that's reached all the way to the Prime Minister's Office.

But Premier Kathleen Wynne said the legislation, which was agreed on by all three parties, is not about making her embattled government look good as the front-page controversy unfolds in Ottawa.

Instead, she said, it stems from a problem much closer to home. Toronto-area Progressive Conservative Peter Shurman came under fire last month for claiming a $20,719 housing allowance for his Toronto apartment after moving to picturesque Niagara-on-the-Lake.

Currently, members of provincial parliament have to live more than 50 kilometres away from Queen's Park to qualify for a housing allowance of up to $21,719 for their Toronto digs.

If passed, only MPPs who represent ridings more than 50 kilometres away would be eligible for the perk. They must live in Ontario, but they don't have to maintain a residence in their riding. THE CANADIAN PRESS

Got a Halloween party and don't know how to go from your day job to a night of the living dead? You might feel like a zombie, but how do you really look like one? Here's a five-step guide for joining the undead.

SCOTT TAYLOR
scott.taylor@metronews.ca

5 easy steps to get undead

1 I've got you under my skin

Makeup artist Allison Rinkel has started the transformation on model Carter Spence. It all starts with a good foundation and that takes spirit gum, 3D gel and translucent powder. "This is the brush phase," said photographer Camille Porthouse, who documented the transformation. "We're going to apply spirit gum, which is an adhesive, and then we added 3D gel, which creates a realistic 3D effect that makes his skin look like it's peeling and falling off."

2 Well, it IS flu season ...

"Now we're going to add a brown, white and moss-green from a professional cream-base makeup pallet," Porthouse said. "This is professional stuff, but you can use any cream-base makeup from any Halloween store. You mix them all together and then sponge it on the face to make it look like a really sick facial complexion."

3 Time to get blotting

"Here we used a stipple sponge, which you can buy at a costume store. They're pretty tough-looking and look like a small scrub pad," Porthouse says. "Use that and blot a black/brown mixture over the raised areas of the skin and that will give you more depth to the skin to make it look more natural."

4 A pinch of colour

"Now you begin adding small amounts of a dark-red/black cream makeup mixture from the same pallet you got all of the other shades from, and you put them onto the lower points of the gel skin and that will give them a more raised look if you do it from the bottom," says Porthouse.

5 Ready for braaaaaains

"Here you perform three aspects to finish the whole thing. We used blood gel, charcoal powder and a bottle of blood. The blood gel is stickier and it creates more realistic wounds," Porthouse explained. "It goes right in the raised skin and is very realistic-looking, almost like a clotting. The charcoal powder creates depth and shading and the bottle of blood creates a realistic dripping effect."

PHOTOS COURTESY CAMILLE PORTHOUSE

Promoter banking on Gottfried to say just the wrong thing

He's the comedian many people love to hate, and that's exactly why London comedy promoter Derrek Kaill is so happy to have him.

Gilbert Gottfried will be in town to skewer and roast almost everything that's politically correct and likely offend at least a small segment of his paying audience while doing so.

Those who don't know Gottfried by name almost always know him by the distinct and grating sound of his voice.

He was the parrot Iago in Disney's Aladdin and was the voice of the Aflac duck in the well-known commercials before he was dumped for tweeting jokes about the 2011 earthquake and tsunami that devastated Japan.

He was also loudly jeered when he made a joke about the 9/11 tragedy just three weeks after it occurred.

Kaill is enjoying every minute of it after controversy over the local shows he produced for comic Ari Shaffir, who may be best known for his bit called The Amazing Racist.

His arrival created a firestorm in the city.

If you go

Gilbert Gottfried will take the stage at the London Music Hall (185 Queens Ave.) at 8 p.m. Nov. 9.

- Tickets are $30. The show is 19-plus.

"I wanted a big name, and I specifically thought it would be fun to follow that up with someone offensive after all the Shaffir hype," Kaill said with not so much as a smirk.

"Gilbert is a big name, and he's anything but politically correct, so he's the right guy to bring here."

Kaill said he enjoys pushing buttons because of how uptight people are about offending anyone these days.

"Think about Carroll O'Connor. Do you think he was actually a racist? Because that is a really good parallel," he said of the actor who played the legendary Archie Bunker in All in the Family, a ratings hit in the 1970s, but a show that would likely never see the light of day today.

As for Gottfried's performance?

"Lots of offensive material. He's not the parrot from Aladdin. This isn't going to be Disney-style humour, but it will be funny," Kaill promised.

SCOTT TAYLOR/METRO

Actor/comedian Gilbert Gottfried, seen here performing last year in Los Angeles, is coming to London next month. GETTY IMAGES

It's not unusual: PM says paying Duffy's legal fees was no big deal

You'll find it happens all the time. Yet Wallin, Brazeau say nobody offered to help them with their expenses

Stephen Harper sees nothing wrong with the Conservative party using taxpayer-subsidized funds to pay disgraced Sen. Mike Duffy's legal expenses, insisting Tuesday there's nothing unusual about it.

"The party regularly reimburses members of its caucus for valid legal expenses, as do other parties," Harper told the House of Commons.

However, it seems the Conservative party didn't extend its largesse to all other senators accused of improperly claiming travel expenses or housing allowances.

Sen. Patrick Brazeau's office said no offer was made to pay his legal expenses. Terrence O'Sullivan, Sen. Pamela Wallin's lawyer, said the same.

"Sen. Wallin has received no assistance with her legal fees — whether before or after she recused herself from the caucus — from the Conservative party or anyone associated with the Conservative party," O'Sullivan said in an email.

All three are under investigation by the RCMP and are facing a government bid to suspend them from the Senate.

The suspension motions were tied in procedural knots Tuesday, making it unlikely they will be voted on before the Conservatives gather Thursday evening for a two-day national convention in Calgary.

Duffy disclosed Monday there were two cheques regarding his allegedly improper expenses: one for $13,560 from Conservative party lawyer Arthur Hamilton to cover his legal expenses, plus the $90,000 from Harper's former chief of staff, Nigel Wright, to enable him to reimburse the Senate.

Harper was grilled repeatedly Tuesday about Duffy's latest bombshell, shrugging off suggestions that Hamilton did anything wrong.

"This individual is not accused of anything," he said in response to a question from NDP Leader Tom Mulcair, who asked whether the prime minister intends to fire Hamilton.

"New Democrats tell us that we should fire or expel people on the flimsiest of allegations without, in some cases, any proof of anything against anybody," Harper said.

"Then when we determine that actions should be taken (against the three senators), the leader of the Opposition stands up and pretends these people are somehow victims of arbitrary actions."

THE CANADIAN PRESS

Prime Minister Stephen Harper answers a question in the House of Commons in Ottawa on Tuesday.
ADRIAN WYLD/THE CANADIAN PRESS

Coffee, tea, BTC?

What is being billed as the world's first Bitcoin ATM is seen at a coffee shop in downtown Vancouver. The machine, which was to be unveiled on Tuesday, will allow consumers to exchange cash for the digital currency known as Bitcoins, commonly abbreviated to BTC. JONATHAN HAYWARD/THE CANADIAN PRESS

University of B.C.

RCMP suspect same man for 6 sex attacks

Another sex attack at the University of British Columbia has RCMP announcing they believe the same man is responsible for six attacks, three more than previously reported.

The most recent attack was reported to police on Sunday.

"A young woman indicated that she was walking alone … shortly before 1:30 in the morning when she noticed a shadow behind her," Sgt. Peter Thiessen said. "She was grabbed from behind and she began to flail her arms, causing the suspect to run away."

THE CANADIAN PRESS

Toronto

Elderly couple die in apparent double suicide

An elderly couple in Toronto plunged to their deaths from the balcony of their apartment Tuesday morning in what police believe was a double suicide.

Emergency crews responded to a building at 7:54 a.m., where the man and woman were pronounced dead at the scene.

"I've lived here all my life and we've never had a suicide, or a murder, or anything like this," said Jessica Jarosz, 23.

The coroner has been called in to probe circumstances surrounding their deaths, EMS confirmed.

TORSTAR NEWS SERVICE

Staterooms. Canada using its foreign embassies for surveillance ops: Report

The national eavesdropping agency is refusing to comment on allegations that it mounts foreign operations through Canada's embassies abroad.

Lauri Sullivan, a spokeswoman for Communications Security Establishment Canada, says the agency does not comment "on our foreign intelligence collection activities or capabilities."

German magazine Der Spiegel says Canada is using diplomatic facilities to support surveillance operations in league with key allies the United States, Britain and Australia.

Word of the Canadian reference came as the NDP unsuccessfully sought support in the House of Commons to create a parliamentary committee that would look into stronger oversight for the intelligence community.

The magazine report published this week cites presentation slides leaked by Edward Snowden, a former contractor with the National Security Agency, CSEC's American counterpart.

One slide indicates the Canadian spy agency hosts "Stateroom" sites — a term for covert signals-intelligence gathering bases hidden in consulates and embassies.

THE CANADIAN PRESS

Damages. Trucking co. told to pay $150M to girl who watched family die

A jury has determined a trucking company and one of its drivers should pay $150 million in damages to a 13-year-old girl who watched her family burn to death in a fiery crash on a Southern California freeway nearly four years ago.

The verdict was reached Friday after three days of deliberations that found truck driver Rudolph Ortiz was negligent for parking on the side of the freeway in the early-morning darkness without leaving on any light or emergency reflector. Ortiz and his employer, Bhandal Bros. Trucking, were found jointly liable.

Kylie Asam was nine when she and her 11-year-old brother, Blaine, managed to escape from their family's mangled SUV after it struck and got caught under a rig parked on the shoulder of Interstate 210. They saw their parents and older brother get burned alive after the vehicle caught fire.

The verdict included $8.75 million the jury awarded to Blaine, who committed suicide before the trial began.

THE ASSOCIATED PRESS

Village leader Alexander Koropov points at rubble and garbage near a quarry close to Akhshtyr village in Sochi, Russia. The landfill outside Sochi, which will soon host the Olympics, is in the middle of a water protection zone where dumping industrial waste is forbidden DMITRY LOVETSKY/THE ASSOCIATED PRESS

'Illegal' landfill in Sochi violates zero-waste pledge

Winter Olympics. Environmentalists claim 'unauthorized' waste site could taint city's water supply

Trucks rumble to the edge of a gigantic pit filled with spray cans, tires and foam sheets and dump a stream of concrete slabs that send up a cloud of limestone dust. Other trucks pile clay on top and a bulldozer mixes everything together in a rudimentary effort to hide the mess. This landfill outside Sochi, which will host the Winter Olympics in 100 days, is smack in the middle of a water protection zone where dumping industrial waste is banned.

As a centrepiece of its Olympic bid, Russia trumpeted a "Zero Waste" program that promised the cleanest games ever, saying it would refrain from dumping construction waste and rely on reusable materials. But on a visit last week to Akhshtyr, just north of Sochi, The Associated Press found that Russia's state-owned rail monopoly is dumping tons of construction waste into what authorities call an illegal landfill, raising concerns of possible contamination in the water that directly supplies Sochi.

Protected area

"Water from here will be contaminating Sochi's fresh water springs for the next 10 to 15 years."

Vladimir Kimaev, member of the Environmental Watch on North Caucasus

The finding shows how little Russia has done to fulfil its ambitious green pledges. Its $51 billion budget for the Olympics contains no provisions for treating construction waste.

In a letter obtained by the AP, the Environmental Protection Agency in the area where Sochi is located told the Black Sea resort's environment council in late August that it had inspected the Akhshtyr landfill and found "unauthorized dumping of construction waste as well as soil from excavation works." The agency said it fined Russian Railways, whose Sochi project costs billions of dollars, $3,000 for the dumping. It didn't order the dump closed.

The EPA's Sochi representative visited the site earlier this month and insisted it was being cleaned up, villagers and activists who were present at that meeting said. The agency was unavailable for comment this week.

The main health concern surrounding the landfill is to the water supply.

Authorities confirm that Russian Railways operates the Akhshtyr dump without a licence — but it wouldn't be able to obtain one even if it tried. That's because the village lies in an area where dumping construction waste and soil is forbidden under the Russian Water Code. Moisture from the landfill seeps through porous karst rocks into underground springs that feed the nearby Mzymta River, which provides up to half the water supply in Sochi.

THE ASSOCIATED PRESS

U.S. intelligence chief backs spying on allies

The top U.S. intelligence director on Tuesday defended spying on foreign allies as necessary and said such scrutiny of America's friends — and vice versa — is commonplace. Another official said the collection of phone records that prompted outrage across the Atlantic actually was conducted with the help of European governments.

Top intelligence officials testified that news reports that the National Security Agency had swept up millions of phone records in France, Spain and elsewhere were inaccurate and reflected a misunderstanding of "metadata" that was in fact collected by NATO allies and shared with the United States.

The nation's post-Sept. 11, 2001 surveillance programs are coming under increased criticism at home and abroad, capped by recent revelations that the NSA monitored German Chancellor Angela Merkel's cellphone and those of up to 34 other world leaders. Those reports relied on documents provided by former NSA analyst Edward Snowden.

President Barack Obama declined in an interview to say when he learned about the spying operations. THE ASSOCIATED PRESS FILE

Congressional leaders who have been staunch supporters of the NSA programs are now saying it is time for a close examination. The White House said Tuesday that President Barack Obama had ordered a full review of the programs and was considering changes.

THE ASSOCIATED PRESS

Spy games

National Intelligence Director James Clapper played down European allies' complaints about spying on their leaders, saying the allies do it, too.

- He said during his 50 years working in intelligence it was "a basic tenet" to collect, whether by spying on communications or through other sources, confidential information about foreign leaders that reveals "if what they're saying gels with what's actually going on."
- Committee Chairman Mike Rogers asked whether allies had conducted the same type of espionage against U.S. leaders. "Absolutely," Clapper responded.

Iran. Activist actress sentenced to 18 months in jail on security charges

An Iranian court has sentenced an actress known for her reformist political activism to 18 months in prison on security charges, newspapers reported Tuesday, in another sign of the underlying tensions between Iran's hard-liners and calls for greater openness by new President Hassan Rouhani.

The reports came a day after authorities ordered the closure of the pro-reform Bahar daily in connection to a commentary it published on the Prophet Muhammad, citing a law authorizing media closures over articles deemed to violate Islamic values or insult Islam.

Iran has shown some signs of easing political restrictions since the moderate-leaning Rouhani took office in August. Dozens of prisoners held on political charges have been freed, and a prominent artistic centre known as the House of Cinema has reopened.

But the case over the 24-year-old actress, Pegah Ahangarani, shows how centres of power in Iran often work at cross-purposes.

The judiciary is controlled by the country's ruling clerics, headed by Supreme Leader Ayatollah Ali Khamenei. He has given the green light so far to some of Rouhani's main international initiatives, such as outreach to Washington.

THE ASSOCIATED PRESS

Iranian actress and activist Pegah Ahangarani has been sentenced to 18 months in prison. PER HENRIKSEN/DEUTSCHE WELLE/THE ASSOCIATED PRESS FILE

Westgate Mall attack

Soldiers dismissed for stealing

Two Kenyan soldiers were sacked for stealing items during the deadly siege last month of Nairobi's Westgate Mall, Kenya's military chief said Tuesday.

Gen. Julius Karangi, chief of Kenya's military, identified the sacked soldiers as Victor Otieno and Victor Ashiundu and said they were in detention pending formal charges.

He said the two soldiers were found with mobile phones, cameras and chargers that were stolen from the mall during the siege.

THE ASSOCIATED PRESS

Saudi Arabia

Arrest underlines lack of freedom

A Saudi Arabian court sentenced a prominent lawyer to three months in prison on Tuesday, a rights group said, while the same day a Saudi writer was released from jail after being investigated for blasphemy.

The two detentions point to what rights groups say is a pattern of violations against activists and writers for exercising freedom of speech. THE ASSOCIATED PRESS

Ouch! Banksy disses our architecture in rejected World Trade Center op-ed

Street graffiti artist Banksy caused an uproar in the blogosphere on Monday when he wrote that the new World Trade Center is so bland, "it looks like something they would build in Canada."

He also shocked residents in New York by stating that the building is such a disaster that everyone who lost their lives on Sept. 11, 2001, could view this as a betrayal and an indication that "the terrorists won."

A posting on Banksy's website says the comments were contained in an op-ed piece he submitted to the New York Times and that the newspaper refused to print it.

Eileen Murphy, spokesperson for the New York Times, told the Metro newspaper in New York that "He did submit an op-ed and art. We couldn't agree on either the piece or the art, so we rejected it."

Murphy added, "What he has posted on his site is not exactly the same as what he submitted."

Banksy wrote the new World Trade Center is "like something they would build in Canada." THE ASSOCIATED PRESS

However, United Kingdom-based Banksy posted the piece on his website, imagining how it would look with a mock-up of the New York Times's distinctive type and logo. TORSTAR NEWS SERVICE

Steeltown shutdown. Hamilton hit by another blow with plant closure

U.S. Steel Corp. is shutting down its idled iron and steelmaking operations in Hamilton, Ont., affecting 47 jobs, the company said Tuesday.

The steelmaker said the jobs will be eliminated at the end of the year, and it will work to reassign the non-unionized workers who received the notices.

Spokeswoman Sarah Cassella said the company idled the Hamilton Works plant in late 2010, with the majority of the workers given jobs in other parts of the company's operations.

U.S. Steel now employs more than 800 people at the complex, which also includes coke and finishing operations. It said it will take a non-cash charge in its fourth quarter of approximately $225 million US related to the decision.

"Decisions like this are always difficult, but they're necessary to improve the cost structure of our Canadian operations," president and chief executive Mario Longhi told a conference call with financial analysts. THE CANADIAN PRESS

Canadian connection

U.S. Steel Corp. acquired the integrated steelmaking operations when it bought Stelco in 2007.

- The purchase triggered a long dispute between Ottawa and U.S. Steel over broken promises it made to secure approval to buy Stelco.
- The two sides settled the case in 2011 with an agreement that saw the company promise to keep producing steel in Canada for at least another four years and make major capital investments at its Canadian mills.
- U.S. Steel also operates the Lake Erie Works plant in Nanticoke, Ont., about 130 km southwest of Toronto.

Lesson learned

Team USA's clothing made in the U.S. this time

Team USA will now wear the Made in the USA label. Every article of clothing made by Ralph Lauren for the U.S. Winter Olympic athletes in Sochi, including their opening and closing ceremony uniforms and their Olympic Village gear, has been made by domestic craftsman and manufacturers.

During the 2012 games in London, it was a flashpoint in the media and among Washington politicians that much of the U.S. apparel was made overseas, especially in China. THE ASSOCIATED PRESS

Apple co-founder

Boyhood home of Steve Jobs now historic property

The Silicon Valley home where Apple co-founder Steve Jobs grew up and built some of his first computers is now on the city's list of historic properties.

The historical commission in Los Altos, Calif., voted unanimously for the historic designation. THE ASSOCIATED PRESS

Market Minute

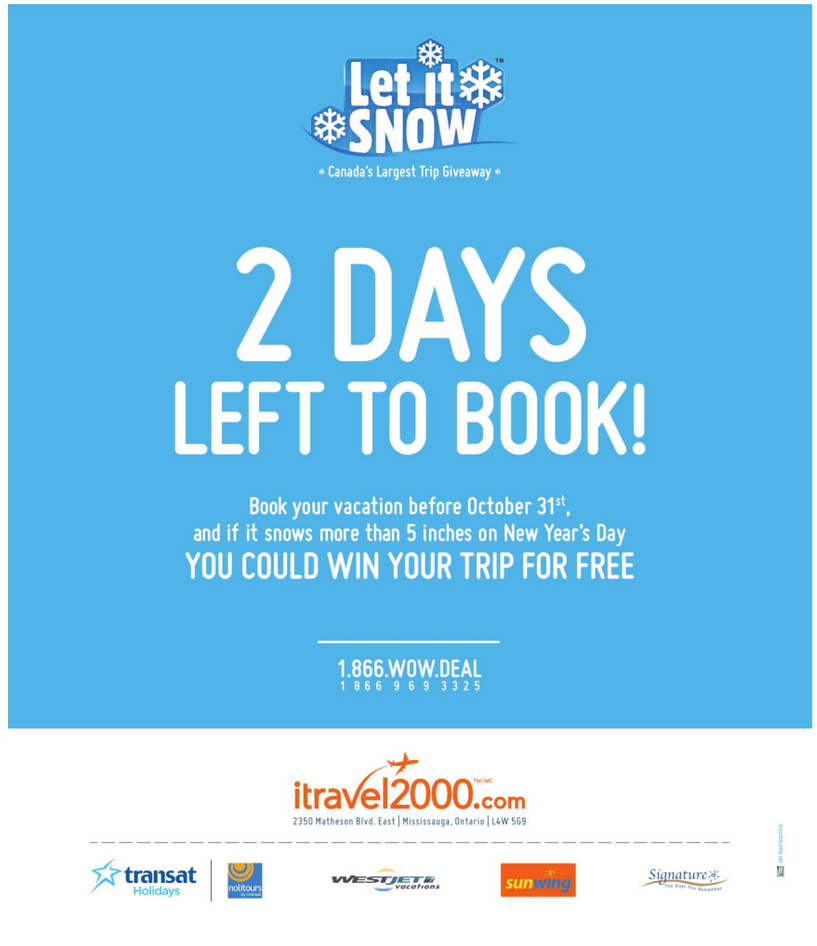
DOLLAR 95.51¢ (-0.23¢)

TSX 13,440.61 (+68.77)

OIL $98.20 US (-48¢)

GOLD $1,345.50 US (-$6.70)

Natural gas: $3.64 US (-2¢)
Dow Jones: 15,680.35 (+111.42)



DON'T BELIEVE EVERYTHING YOU THINK

JUST SAYIN'

Paul Sullivan
metronews.ca

Gather round, children and I will tell you a very scary story.

Come closer to the fire — it is cold and dark all around us and these … revelations … will make your skin crawl:

A new poll from Insights West shows that British Columbians are haunted by ghosts and spirits.

Sixty per cent believe in the afterlife and 48 per cent believe in ghosts. And if that's not spooky enough, 54 per cent believe in angels while 37 per cent believe in the devil.

Nearly 20 per cent claim to have been haunted. And we're not talking about what they did at last night's Halloween party.

If you think British Columbians are just whacked out on B.C. bud, that could be. But this poll is not so different from other surveys, including a recent one by the Huffington Post in which 64 per cent believed in the afterlife and 45 per cent in ghosts. A just-published U.K. survey found an even higher number of Brits, 52 per cent of those polled, believes in ghosts. That could be explained by the fact that the poll was taken by the "Association for the Scientific Study of Anomalous Phenomena (ASSAP)." ASSAP president Lionel Fanthorpe believes that King Arthur was an alien who came to Earth to save us from other alien invaders.

Monty Python lives.

Despite the overwhelming evidence, I'm having trouble convincing myself that every second person reading this column really believes in ghosts. Not to mention the 60 plus per cent who believe in angels, or the one in four who dance with the devil.

Of course, there is not a single shred of scientific evidence supporting these beliefs. The Higgs Boson, that elusive elementary particle, may have been an article of faith among physicists for more than a century. But now that there's data confirming its existence, we can believe in it. The jury is still (and always will be) out on the ghost of uncle Harry.

Apparently, we haven't advanced much beyond the Dark Ages when everyone was addled by spirits and ghosts, angels and devils. In fact, you could make a convincing argument that at least half of us are still comfortably ensconced in the sixth century. Well, maybe not so comfortable. The castle is drafty and this wool jerkin itches like the, um, devil.

All this mumbo jumbo persists despite modern detecting equipment that can listen to the background hum of the big bang, find a galaxy more than 13 billion light years away, and track the path of an electron. There's nothing there people. No ghosts, no angels, no alien Arthurians.

Of course, nothing I say will make any difference. People are more likely to believe in Beelzebub than in common sense. Common sense is no fun.

But I'll tell you one little secret, children. Trolls are real. Just check out the comment trail on this column in a couple of days if you don't believe me. Bwa-ha-ha.

ZOOM

Superstorm Sandy, 1 year later

MARK LENNIHAN/THE ASSOCIATED PRESS

N.Y. marks triumph over damage done

Tom Hammill places an American flag at a building site in the Breezy Point neighbourhood in the Queens borough of New York on Tuesday, a year after Superstorm Sandy struck. A firestorm spread across the beachfront neighbourhood during the storm, burning more than 100 homes, including Hammill's. Behind him are homes that are being rebuilt.

To mark Tuesday's anniversary, residents of coastal neighbourhoods in New York and New Jersey that suffered some of the worst flooding are honouring that terrible day in ways both public and private.

On Staten Island, residents will light candles by the stretch of waterfront closest to their homes at 7:45 p.m. in a "Light the Shore" vigil. Along the Jersey Shore, people plan to shine flashlights in a symbolic triumph over the darkness that Sandy brought.

THE ASSOCIATED PRESS

One of the worst storms

- The storm was blamed for at least 181 deaths in the U.S. — including 68 in New York and 71 in New Jersey.
- In New York City the storm surge hit nearly 14 feet, swamping the city's subway.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

JOANNA BOURNE/FLICKR

Braingasm, despite the obnoxious nickname, is not the latest sex toy or coital craze, but a real* phenomenon taking over YouTube channels, sub-Reddits and radio stations across the web. Despite relatively few people actually having Autonomous Sensory Meridian Response, the sound-induced tingles that start in your head and slither down your spine, ASMR has made its mark online. For those who don't have it — and if you have to wonder, you don't — watching videos of pretty girls whisper as they caress hair brush bristles might make you feel like a creep. But hey, at least now you'll know what everyone's talking about.

*Debatable. Science is still trying to figure it all out

GentleWhispering:

While not necessarily the Original Gangsta of ASMR, GentleWhispering is one of the most prolific. The blond, Eastern European whisperer has racked up more than 3.5 million views on one video alone.

Reddit:

r/ASMR is a safe for work hub of ASMR videos and discussion.

Note, redditors are not to post ASMR-like videos, so keep the music videos out, Songza playlists (yes, there is an ASMR Songza list, which does not impress the ASMR purists), etc. off the boards.

Asmr.fm:

Community of ASMRers and ASMR'tists to share a wide range (hint, hint) of ASMR videos.

Twitter

@metropicks asked: A cellphone stopped a bullet that was fired at a store clerk. What do you wish your smartphone could save you from?

@MLHS_Mike: crippling self doubt? I think the new iOS update has something for that.

@Canucklehead_ca: Duck-face selfies. *sigh*

@Dennis2ride: our politicians

@Dennis2ride: MY BILLS

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

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Arcade Fire's Haiti-inspired fourth album their most ambitious to date

New music. The highly anticipated disc from the musical innovators doesn't disappoint as the quality is only matched by the ambition of the effort

William Butler and Arcade Fire's new album Reflektor was recently released. ERIC KANYE/THE ASSOCIATED PRESS

It was spring 2011 when Arcade Fire — months from a stunning Grammy Award win for album of the year, which pretty much certified the Montreal band had climbed to the highest of rock's craggy peaks — went down to Haiti and got upstaged.

They were in Cange, a lush remote village positioned on the edge of Lake Peligre. They were there primarily to visit sites where Partners in Health was working to help in the aftermath of 2010's catastrophic earthquake. But they also played a couple shows — mostly tossing off cover songs — as an opener for the rasin (Haitian roots music) band Ram.

And those spirited gigs had a profound effect.

"We played and it was really fun," multi-instrumentalist Will Butler recalls in a recent telephone interview. "And then Ram came out and played and everyone came out and danced and it was this massive party. And it was out of control and amazing — not like, out of control like someone on coke was stabbing someone in the eye with a pen or anything. But out of control like six-year-olds and 95-year-olds were dancing and old ladies on crutches and stuff.

"It was just a real town-wide celebration. And we were like, 'Oh, it would be nice to be able to go to rural Haiti and play a show that people would really dance to.'

"That definitely set a challenge for us, which we took up on some of the songs," he added. "I want to be able to play this for a roomful of strangers in a different country, who have never heard Arcade Fire, and just have them dance to it."

And so the seeds were planted for Reflektor, the indie innovators' rather transformative, sprawling fourth disc that hit stores yesterday.

In particular, the trip triggered an interest in exploring traditional Haitian rhythms. They listened closely to a range of their rhythms, tasking the drummers with weaving their styles with the propulsive percussion work of New Order's Age of Consent, for instance, or analyzing the different way fills are dispensed. They made loops of those sessions, some of which wound up on Reflektor, some of which only served as "inspiration for further experimentation."

The unconventional rhythmic heartbeat of the record is the first thing that stands out — watch how the syncopated reggae strut of Flashbulb Eyes segues into Here Comes the Night Time, a thrilling mix of breakneck Haitian pounding and an easy tropical amble.

The scope of what they tried to tackle on Reflektor is hardly surprising — outsized ambition might have always been Arcade Fire's distinguishing quality.

THE CANADIAN PRESS

Reflektor

On the double-disc Reflektor, only four of 13 songs clock in under five minutes, with many stretching far beyond.

- **What to expect.** The first disc is giddily accessible at times, featuring several songs — distorted thrasher Normal Person, sun-drenched groover You Already Know and the stinging gallop Joan of Arc — Will Butler points out might have fit in on any of the band's records.

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Chris Brown.

Brown catches a courtroom break

Chris Brown got at least a little good news during his most recent courtroom visit, as a Washington, D.C., judge reduced the felony assault charge against the singer for allegedly punching a man outside a hotel this weekend to a misdemeanor, according to TMZ.

Brown was released from custody and is scheduled to return for a hearing on Nov. 25.

Derek Hough defends his sister

Dancing with the Stars regular Derek Hough is sticking up for his younger sister, Julianne Hough, after her eyebrow-raising decision to don blackface for Halloween, saying she is "mortified" at the backlash.

"She's so apologetic," he tells E! News. "She is just beside herself. Obviously it wasn't her brightest moment in her life, but hopefully we can move on."

Derek Hough.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Not a movie: Mr. and Mrs. Smith at war once again

Rumours of marital trouble for Will Smith and Jada Pinkett Smith are cropping up again, with sources telling Radar Online that the stars are living separate lives — and haven't appeared in public together since August. Smith has been in New Orleans for work since mid-September and is expected to be there through next month, while Pinkett Smith has reportedly moved out of the family's home and is living with her brother, Caleb, in Calabasas, California.

Pinkett Smith seemed to be venting a bit at a recent charity event in Baltimore, telling the audience, "When you are going through a storm with your spouse … stop thinking about what you 'believe' a husband or wife should be," according to an attendee.

"I thought success would make me happy. It does not."

When asked about the rumored trouble, Will's mother, Carolyn Smith, told the website, "Isn't that personal? Thank you for your concern."

The Jonas Brothers. ALL PHOTOS GETTY IMAGES

The Jonas Brothers confirm break-up rumours

The Jonas Brothers have officially broken up — as a band, not a family — just three weeks after canceling their fall tour due to "a deep rift within the band," the guys announced this week.

"It's over for now," says oldest brother Kevin.

Youngest brother Nick apparently voiced some concerns about the group's future, prompting the discussion that led to the break-up.

"I was feeling kind of trapped," he tells People magazine. "I needed to share my heart with my brothers."

But middle brother Joe says Nick wasn't alone in those feelings. "It was a unanimous decision."

Twitter

@JuddApatow
I love that a lot of people are listening to Lou Reed today and it is blowing theirs minds. Remember music? Remember when it did that?

@Pink
If any of u have more experience on a bike than my husband, then I will listen to your opinions on how he should take my daughter for a ride. I can't promise I will care, but I will listen none the less.

@realjeffreyross
On Halloween morning I will host a seance on The View. Which dearly departed historical figures should I try and communicate with?

Let's Indulge!
WIN 1 of 8 Indulgences to Cancun Mexico!!
transat Holidays Indulgence!
THE NEW 103 FRESH FM
transat Holidays your vacation people
tripcentral.ca the smarter way to plan travel
OCCIDENTAL GRAND & XCARET

Magens Bay is one of the top beaches in the Caribbean, with beautiful sand and a protected swimming area. Nice bar, too. ALL PHOTOS: JIM BYERS/METRO

Wanna soak up the sun?

Paradise. St. Thomas, U.S. Virgin Islands isn't too popular with Canucks — but with its offerings, it should be

JIM BYERS
@jimbyerstravel
jimbyerstravel.com

This part of the Caribbean doesn't get much attention from Canadians. But it's a fabulous destination with great holiday options.

Doing

You can reach gorgeous Magens Bay beach in less than 10 minutes from the cruise harbour. It's a long stretch nestled at the end of a deep, protected cove. Great for swimming and decent for snorkelling. Charlotte Amalie is a wild shopping town for duty free goods, with peddlers out front of jewelry shops and rum bars jostling for sun-baked tourists. Some shops allow you to bargain. Pretty shops like Laksa sell hand-made jewellery in shops along the cool alleyways in town; much more fun than the joints on Main St.

Tour the hillside Blackbeard's Castle complex, which features gardens and a small fort-like building called the Sky Tower that dates to 1679. Haagensen House is not only a beauty to tour but is home to a few prints of impressionist master Camille Pisarro, who was born and raised here. Coral World features aquariums, a touch pond where kids can feel a starfish and a snuba service, where you can swim underwater for long periods with a breathing tube attached to an air tank on the surface; like scuba without the tank on your back.

Sleeping

Blackbeards Castle is a comfortable, low-key spot with great views of Charlotte Amalie's harbour and its multitude of islands. Rooms go from as little as $98 a night, including a continental breakfast, free Wi-Fi and free tours of the Blackbeards Castle complex. All rooms have refrigerators and there's a pool on-site. The nearby Hotel 1829 is fun and a little closer to town but is currently undergoing renovations. Want something a bit more upscale? There's a lovely Ritz Carlton on a 30-acre piece of property in the east end, near the cruise terminal for trips to fabulous St. John. Rooms in November recently listed from $459 a night.

Dining

Just off Main Street, also known as Dronnigens Gade from the days when this was Danish territory, you'll find the superb Gladys Café. Brilliantly coloured local artwork rests on exposed stone walls of a 300-year-old building. The fresh passion fruit juice is amazing and they also serve jerked fish and fine curries. Sample one of the homemade hot sauces and buy a bottle to bring home. The restaurant A Room With a View is in the pretty Bluebeard's Castle hotel complex (so many pirates, so many castles) high on a hill, offering great food and a romantic setting with awesome harbour views.

Online

- **Visit.** visitusvi.com for more information.

Drinking

Sure, you can step off your boat and head to Senor Frogs with everyone else, but you really should try something with a bit more colour. Iggies is a funky bar/restaurant right on the beach at Bolongo Bay with a casual vibe. Touristy, but not nearly as bad as the places near the cruise ships. Even prettier is the outdoor bar at Magens Bay Beach, where you can buy rum drinks for a song and watch the young folks on the beach. Or catch the iguanas sunning themselves on the terrace.

On a roll! Tortilla Bites make you the host with the most, sans effort

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Use fresh, different colour large tortillas for this recipe.

If you can only find thin asparagus than use 12 not six.

Want to make these in advance? Roast the asparagus and immediately chill to stop the cooking process. They can be prepared up to a day ahead if wrapped well in plastic wrap and chilled. They're great for a large group of people.

Ingredients

- 6 medium-thick spears of asparagus
- 1/2 cup light (5%) ricotta cheese
- 1/4 cup softened light (25% reduced) cream cheese
- 1 tbsp light mayonnaise
- 2 tbsp chopped green onions
- 2 tbsp fresh lemon juice
- 1/2 tsp minced garlic
- pinch of salt and pepper
- 3 large flour tortillas
- 1 cup baby spinach leaves
- 3 oz sliced smoked salmon

1. Preheat the oven to 425 F (220 C). Place the asparagus on a baking sheet sprayed with vegetable oil. Bake for 8 minutes or just until bright green.

2. In a food processor, or in a bowl using an electric mixer, beat the ricotta, cream cheese, mayonnaise, green onions, lemon juice, garlic, and salt and pepper until smooth.

3. Spread cheese mixture evenly over the tortillas. Scatter the spinach leaves overtop. Place the smoked salmon on top of the spinach. Place 2 spears of the asparagus near the bottom of each tortilla. Roll up tightly, wrap in plastic wrap, and chill.

4. Cut each tortilla on the diagonal into 6 pieces.

Smoked Salmon and Roasted Asparagus Tortilla Bites

This recipe makes 18 servings. ROSE REISMAN

Drink of the Week

Avocado Mezcal Cocktail

- 1 avocado from Mexico, halved, pitted and peeled
- 6 oz (175 ml) white mezcal
- 6 oz (175 ml) lime juice
- 4 oz (125 ml) light agave nectar
- 3 oz (90 ml) Midori
- 2 oz (60 ml) Cointrea
- 2 cups (500 ml) ice
- Garnish: Junior Merino's Cactus & Lemongrass Rimmer and avocado wedges

In a blender, combine all ingredients, except ice. Whirl until combined. Add 2 cups (500 ml) of ice and blend until smooth.

Serve in a glass rimmed with Junior Merino's Cactus & Lemongrass Rimmer.

Garnish with avocado wedge pressed in Junior Merino's Hibiscus Rose Rimmer. COURTESY OF MISSAVACADO.CA

Dinner. Spicy Shrimp & Haddock Stew

When fall weather has us hankering for a bowl of warmth, we tend to think of chili and beef stew. Try a new stew.

1. In a saucepan over medium-high, heat the olive oil. Add potatoes, onion, garlic, thyme, paprika, red pepper flakes and fennel seeds. Cook, stirring often, until onion is softened, 5 minutes.

2. Add celery, tomatoes (and any juice in can), clam juice and water. Bring to simmer, reduce heat to low and cook 30 minutes, or until the potatoes are tender.

3. Add shrimp and haddock, and increase heat slightly to maintain a simmer. Cook 5 minutes, or until shrimp are pink and haddock flakes easily. Stir in parsley, dill and lemon juice, season with salt, pepper. THE ASSOCIATED PRESS

Ingredients

- 2 tbsp olive oil
- 2 russet potatoes, diced
- 1 large yellow onion, diced
- 4 cloves garlic, minced
- 1 tsp dried thyme
- 1/2 tsp smoked paprika
- 1/4 tsp each red pepper flakes and fennel seeds, lightly crushed
- 2 stalks celery, chopped
- 15-oz can diced tomatoes
- 8-oz bottle clam juice
- 2 cups water
- 1 lb raw, shelled extra-large shrimp
- 1 lb haddock, cut in chunks
- 1/4 cup chopped fresh parsley
- 1 tbsp chopped fresh dill
- 1 tbsp lemon juice
- Salt and ground black pepper

Taking a swing at your studies in one fell swoop? Break it up!

Was cramming for this exam the best way to go? ISTOCK

Are you giving the books your best?

Expert advice on how to make a successful go of your study time

BRUCE WALSH
Metro World News

Developmental psychologist Donald J. Foss has been studying the mental gymnastics of learning comprehension for more than three decades. His latest book — Your Complete Guide to College Success: How to Study Smart, Achieve Your Goals, and Enjoy Campus Life — is an attempt to put accepted psychological research on learning into plain language for every post-secondary student. We asked him for his insight on learning styles, study habits and slogging through obstacles.

Pack mentality

What makes a good study group?

- If you can be honest with each other about how well you know the material, you're putting yourself on better footing than most students.
- I find most students think they truly know the material as long as they can recognize the information. But that's like just humming a tune when your job is to sing a song with lyrics and melody. If you can't explain the material to each other, it's better to find that out in the group than on exam day.

What's the biggest misconception students have about studying?

If there's one thing we know about studying, it's that comprehension increases when you break it up over a long period of time. The best way to retain information is to study in small chunks, interwoven with other tasks. Yet, students are usually resistant to that idea. They don't like continually warming up to the topic. Most people would rather learn in one long sitting.

When it comes to studying, are there different learning styles?

Yes. But I think that's overemphasized. You hear a lot students say, 'The material isn't being presented in my learning style.' And that may be true, but that's not a very good predictor of how students do in any given class. It's pretty clear there are some best practices that seem to work for just about every style of learning.

Magic in the air as NBA season gets underway

Orlando Magic point guard Jameer Nelson drives to the basket during the first half of the NBA season opener against the Orlando Magic at Bankers Life Fieldhouse on Tuesday night in Indianapolis. Elsewhere, the Miami Heat raised their championship banner to the rafters before tipping off against the Chicago Bulls and the Los Angeles Clippers faced their inter-city rival Lakers to start the season. Go to metronews.ca for coverage of opening night. JOE ROBBINS/GETTY IMAGES

Newest Knight has come a long way

OHL. Bender's week has been a blur after being called upon to solidify London blue-line

DAVE LANGFORD
dave.langford@metronews.ca

New London Knights defenceman Tim Bender CONTRIBUTED

The newest London Knights' defenceman has had a rather busy 36 hours.

On Monday, Tim Bender woke up at 6 a.m. in Germany, was at the airport an hour later, caught an 8 1/2-hour flight to Canada, went to the Budweiser Gardens, checked in with his new London billets and then went to see a Junior Knights game with his new "family."

"This morning I came here and now we have a practice," Bender said Tuesday before stepping on the ice with his new team, in a new league, in a new country.

Bender, 18, is the newest Knights defenceman, selected last summer in the CHL import draft. He chatted with former Knights Danny Bois and Danny Richmond before leaving the German professional team where all three were playing this season.

"They were pretty happy for me. Pretty jealous. They liked it so much here, they wanted to come back," the five-foot-11, 174-pound Bender said.

He was also tipped off about what to watch out for.

"Nine thousands fans. Everyone tells me about it. I'm a little nervous about it. Excited of course" he said. "And they said they're pretty loyal and when they win they're pretty happy and if not, they're not so happy."

Knights general manager Mark Hunter said there are no more moves on the horizon, at least until the Nikita Zadorov situation is resolved. The blue-liner has played five NHL games with Buffalo and is a minus-2 with one goal.

Hunter said the Knights must stop the skid they currently find themselves in. They have lost five of their last six with a Friday night game against the Sudbury Wolves ahead.

"It's a little bit of everything. Some bad penalties. Sometimes penalty killing not doing their jobs," Hunter said. "I think (goalies) Stolarz and Patterson could be a little more consistent. And I think we could little more consistent defensively.

Knights' forward Josh Anderson said he welcomes the addition of Bender.

"It's always good to get some new guys in and help the younger guys out because we have a young core on defence and losing Nikita and Olli back there really hurts," Anderson said.

Anderson added that the forwards should be doing their part in helping out the defence.

"With this young core of D, we've got to come back a lot harder and back check and help them out in our defensive zone as much as we can."

Penn State scandal

Paterno family seeks reversal of NCAA sanctions

A hearing on a lawsuit filed by the family of longtime Penn State football coach Joe Paterno began Tuesday as his relatives seek to reverse the NCAA's penalties against the school over the Jerry Sandusky child sex abuse scandal.

The Paterno family contends the NCAA violated its own rules in imposing the sanctions, which resulted in, among other things, Paterno no longer being officially recognized as the Division I coach with the most wins, at 409.

THE ASSOCIATED PRESS

Oscar Pistorius

Charges added to murder trial

Prosecutors accusing Oscar Pistorius of premeditated murder will add two more charges believed to relate to firing guns in public to the indictment against him, apparently to show another side to the inspiring double-amputee Olympian: Reckless and trigger-happy.

Pistorius now faces charges of murder, illegal possession of ammunition and two other counts of breaking South Africa's firearms laws in his trial in March. THE ASSOCIATED PRESS

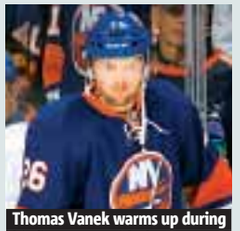
NHL

Sabres still paying for traded player

The Buffalo Sabres aren't done paying forward Thomas Vanek.

In trading their top scorer to the New York Islanders, the Sabres agreed to pick up 19.5 per cent of what's left of the $6.4 million Vanek is still owed in the final year of his contract, a person familiar with the deal confirmed on Tuesday.

THE CANADIAN PRESS



Thomas Vanek warms up during his first game with the New York Islanders on Tuesday night against the Rangers. GETTY IMAGES

Swinging for the fences and a championship

Hot bat. Big Papi enters Game 6 hitting .773, on the brink of clinching World Series

Oritz has one-third of Boston's hits against the Cardinals. The rest of the team is batting a lowly .151. MATT SLOCUM/THE ASSOCIATED PRESS

The banner hangs from a light pole on the sidewalk outside Fenway Park.

It's a profile of David Ortiz with that infectious smile and the words "OCTOBER BASEBALL" beneath it.

He is, literally, the face of the Red Sox franchise.

This is, once again, his time of year.

"I don't think you could ever ask for more out of an individual than what he does on and off the field," Boston ace Jon Lester said. "The guy's got a heart of gold."

And a bat that keeps smacking balls past fielders and over fences.

One win from his third championship in 10 years, Ortiz will take a .733 World Series batting average into Game 6 on Wednesday night against the St. Louis Cardinals. Only Billy Hatcher did better in a single series, .750 in 1990 for the Cincinnati Reds when they swept the Oakland Athletics.

But such World Series displays are nothing new to the only player left from the team that won the Red Sox their first championship in 86 years.

St. Louis saw that on Ortiz's first at-bat of the 2004 Series when he hit a three-run homer in Boston's 11-9 win. He batted .308 in a four-game sweep.

The Colorado Rockies saw it in 2007 when he went 3 for 5 in a 13-1 rout in Game 1. That time, he hit .333 in another sweep.

Now, he enters the potential clincher with 11 hits in 15 at-bats in this Series. He has two homers, two doubles, six RBIs, five runs and four walks.

Ortiz has one-third of Boston's hits against St. Louis, while the rest of the Red Sox are batting .151.

"I was born for this," he said. "We've got the best baseball fans and we enjoy this. Hopefully, this will get over tomorrow and they'll get to enjoy it like they always do. Party time."

THE ASSOCIATED PRESS

NHL

Kobasew joins other Pens players on injured list

Pittsburgh Penguins forward Chuck Kobasew is out for at least three weeks with a lower body injury.

Coach Dan Bylsma says Kobasew was hurt in the first period of Monday's 3-1 win over the Carolina Hurricanes.

Kobasew's injury came one game after the Penguins lost defenceman Rob Scuderi with an ankle injury that will require surgery.

The Penguins are already playing without forward James Neal (upper body), forward Beau Bennett (undisclosed injury) and goaltender Tomas Vokoun. Vokoun is out until at least January while he recovers from a blood clot.

Pittsburgh forward Brandon Sutter did not practice on Tuesday. His status for Wednesday's game against Boston is unclear. THE ASSOCIATED PRESS

NHL

Flames captain out with broken ankle

Captain and No. 1 defenceman Mark Giordano is out for six to eight weeks with a broken ankle. He took a shot off the right ankle in the second period of a road game against the Los Angeles Kings on Oct. 21.

"It's brutal," Giordano said. "You don't want to miss any time, but if you have to you're hoping it's something not as significant as that time frame."

THE CANADIAN PRESS

Calgary Flames captain Mark Giordano.
JEFF MCINTOSH/THE CANADIAN PRESS

Canadian ballers have arrived in NBA

Brampton's Anthony Bennett was selected first overall in this past summer's NBA draft by the Cavaliers. NBA/GETTY IMAGES

They run the gamut from veterans to kids, from bit players to stars; they populate good rosters and bad ones.

But no matter how they are categorized or what they do or how they fit, there is one undeniable fact: Canadians have arrived in the NBA — bigger and better and more prominent than ever.

As the NBA regular season opened Tuesday night, there is a decidedly north-of-the-49th-parallel feeling to the season with more Canadian content than ever before.

They are: Steve Nash and Robert Sacre with the Los Angeles Lakers; Cory Joseph with the San Antonio Spurs; Anthony Bennett and Tristan Thompson with the Cleveland Cavaliers; Andrew Nicholson with the Orlando Magic; Joel Anthony with the Miami Heat; Kelly Olynyk with the Boston Celtics; and Samuel Dalembert with the Dallas Mavericks.

They mark the greatest representation of Canadians in the league at any time in history and three of them will undoubtedly attract more attention than the others, for disparate reasons.

Nash is the NBA's oldest player now and at 39 years old, care and control of the two-time MVP's minutes and games will be of paramount importance as the Lakers try to shake off the memories of a disastrous 2012-13 season.

There's already a suggestion Nash will sit out a game Wednesday against Golden State, the first of many back-to-back contests he's expected to miss.

At the other end of the spectrum is Bennett, the first overall pick in last June's draft, a multi-faceted forward just beginning his career. He's seen as a centrepiece of a growing Cavaliers roster that includes his fellow Canadian Thompson and point guard Kyrie Irving.

And then there is Olynyk, a late-lottery draft pick of the Dallas Mavericks who was moved on to Boston in a trade. In their annual poll, 13 of 30 NBA general managers said the native of Kamloops was the biggest steal of the draft after being taken with the 13th selection.

With the expected arrival a year from now of presumptive No. 1 draft pick Andrew Wiggins, the Canadian content in the NBA will continue to grow.

TORSTAR NEWS SERVICE

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	11	8	3	0	39	31	16
Toronto	12	8	4	0	40	30	16
Boston	10	7	3	0	30	17	14
Montreal	12	7	5	0	35	22	14
Detroit	12	6	4	2	27	33	14
Ottawa	11	4	5	2	30	32	10
Florida	12	3	7	2	26	42	8
Buffalo	14	2	11	1	23	41	5

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	12	8	4	0	38	29	16
N.Y. Islanders	11	4	4	3	35	36	11
Carolina	12	4	5	3	26	36	11
Columbus	11	5	6	0	31	29	10
Washington	12	5	7	0	34	38	10
New Jersey	11	2	5	4	24	36	8
Philadelphia	10	3	7	0	18	27	6
N.Y. Rangers	10	3	7	0	15	35	6

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	11	10	1	0	35	16	20
Chicago	12	7	2	3	39	33	17
Minnesota	13	6	4	3	30	31	15
St. Louis	9	6	1	2	35	23	14
Nashville	12	6	5	1	23	32	13
Winnipeg	13	5	6	2	32	37	12
Dallas	11	5	5	1	30	34	11

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	12	10	1	1	48	20	21
Vancouver	14	9	4	1	41	39	19
Anaheim	12	9	3	0	39	31	18
Phoenix	12	7	3	2	40	39	16
Los Angeles	12	8	4	0	35	30	16
Calgary	11	5	4	2	34	39	12
Edmonton	13	3	8	2	36	50	8

Note: Two points for a win, one point for an overtime/shootout loss.

Tuesday's results
Dallas at Montreal
Anaheim at Philadelphia
N.Y. Rangers at N.Y. Islanders
Tampa Bay at New Jersey
Ottawa at Chicago
Winnipeg at St. Louis
Toronto at Edmonton
Los Angeles at Phoenix
Monday's results
Chicago 5 Minnesota 1
Dallas 4 Buffalo 3
Montreal 2 N.Y. Rangers 0
Pittsburgh 3 Carolina 1
Vancouver 3 Washington 2
Wednesday's games
All Times Eastern
Toronto at Calgary, 8 p.m.
Boston at Pittsburgh, 8 p.m.
Detroit at Vancouver, 10:30 p.m.
San Jose at Los Angeles, 10:30 p.m.

NBA

REGULAR SEASON

Tuesday's results
Orlando at Indiana
Chicago at Miami
L.A. Clippers at L.A. Lakers
Wednesday's games — All Times Eastern
Miami at Philadelphia, 7 p.m.
Brooklyn at Cleveland, 7 p.m.
Boston at Toronto, 7 p.m.
Milwaukee at New York, 7:30 p.m.
Washington at Detroit, 7:30 p.m.
Charlotte at Houston, 8 p.m.
Indiana at New Orleans, 8 p.m.
Orlando at Minnesota, 8 p.m.
Atlanta at Dallas, 8:30 p.m.
Memphis at San Antonio, 8:30 p.m.
Oklahoma City at Utah, 9 p.m.
Portland at Phoenix, 10 p.m.
Denver at Sacramento, 10 p.m.
L.A. Lakers at Golden State, 10:30 p.m.

MLS

PLAYOFFS

KNOCKOUT ROUND
(single-game elimination)
WESTERN CONFERENCE
Wednesday's game — All Times Eastern
Colorado at Seattle, 10:30 p.m.
EASTERN CONFERENCE
Thursday's game
Montreal at Houston, 8:30 p.m.

CFL

WEEK 19

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Toronto	17	11	6	0	487	435	22
x-Hamilton	17	9	8	0	416	461	18
x-Montreal	17	7	10	0	436	451	14
Winnipeg	17	3	14	0	354	548	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Calgary	17	14	3	0	542	387	28
x-Saskatchewan	17	11	6	0	493	368	22
x-B.C.	17	10	7	0	478	454	20
Edmonton	17	3	14	0	391	493	6

x — clinched playoff berth.
y — clinched division.
Friday's games — All Times Eastern
Montreal at Toronto, 7 p.m.
Calgary at B.C., 10 p.m.
Saturday's games
Hamilton at Winnipeg, 2 p.m.
Edmonton at Saskatchewan, 5 p.m.
(End of Regular Season)

NFL

WEEK NINE

Thursday's game — All Times Eastern
Cincinnati at Miami, 8:25 p.m.
Sunday, November 3
New Orleans at N.Y. Jets, 1 p.m.
Tennessee at St. Louis, 1 p.m.
San Diego at Washington, 1 p.m.
Kansas City at Buffalo, 1 p.m.
Minnesota at Dallas, 1 p.m.
Atlanta at Carolina, 1 p.m.
Philadelphia at Oakland, 4:05 p.m.
Tampa Bay at Seattle, 4:05 p.m.
Pittsburgh at New England, 4:25 p.m.
Baltimore at Cleveland, 4:25 p.m.
Indianapolis at Houston, 8:30 p.m.
Monday, November 4
Chicago at Green Bay, 8:40 p.m.

MLB PLAYOFFS

WORLD SERIES

(BEST-OF-7)

BOSTON (AL) VS. ST. LOUIS (NL)

(Boston leads series 3-2)
Monday's result — Boston 3 St. Louis 1
Wednesday's game — All Times Eastern
St. Louis (Wacha 4-1) at Boston (Lackey 10-13), 8:07 p.m.

DRIVE 5

The 2014 Kia Forte

Review. Quality Korean export goes way beyond simply being practical

MALCOLM GUNN
wheelbasemedia.com

ALL PHOTOS WHEELBASEMEDIA.COM

Small cars such as the Kia Forte are at their best when they are shaped in the most practical body style possible. Not everyone subscribes to this postulation, which is why Kia and other automakers make sedan as well as hatchback or wagon versions of their compact automobiles.

For maximizing a minimal amount of space, especially with the rear seats folded down, the Kia Forte5 can literally work wonders by providing more passenger and cargo room than its sedan relation.

The front-wheel-drive compact wagon also does it with more style, beginning with the front end where an aggressive-looking open-mouth nosepiece replaces the Forte sedan's more traditional grille, which is different again from the 2014 Forte Koup.

As well, the wagon has been given a suspension setup that's tuned for sportier handling.

The Forte5's interior isn't quite as dramatic, but at least the dashboard and control panel appear intelligently laid-out, including large and easy-to-read gauges plus a generously sized display screen for the optional navigation system.

For passengers, especially those in the rear seat, the wagon's five-centimetre stretch between the front and rear wheels provides some extra legroom.

Adding to the sport-wagon theme is a pair of stout little powerplants.

The starting-point EX runs with a 2.0-litre four-cylinder that produces 173 horsepower and 154 pound-feet of torque. The sportier side of the Forte5's demeanor is demonstrated with the up-level SX's turbocharged 1.6-litre four-cylinder that pumps out 201 horsepower and 195 pound-feet of torque. Both engines use direct injection, whereby fuel is sprayed directly into the cylinders under extremely high pressure and not through the intake manifold.

Most automakers are adopting direct injection as a way to increase power (important on small-displacement engines) while reducing fuel consumption and curbing emissions.

Kia (and its Hyundai parent) has so far resisted the growing shift to continuously variable transmissions that appears to be spreading throughout the industry.

A traditional six-speed automatic is your only choice with the 2.0, while the turbo 1.6 can be ordered with a six-speed manual gearbox as well as an available six-speed automatic.

2014 Kia Forte

- **Type.** Four-door, front-wheel-drive mid-size sedan
- **Engines (hp).** 2.0-litre DOHC I4 (173); 1.6-litre DOHC I4, (201)
- **Transmissions.** Six-speed manual (std.1.6); six-speed automatic (std. 2.0, opt. 1.6)
- **Base price (incl. destination)** $21,500

Design

Kia's design team, headed by ace shape-maker Peter Schreyer, has added to the wagon's aggressive nature by reducing the rear body overhang several centimetres, while pushing the left and right wheels as far apart as possible. The overall effect is that of an attractive Euro-style sport wagon.

Luxury class extras

In addition to the more commonplace power-operated sunroof and touch-screen navigation system, you can order leather-covered seats with front and rear cooling and ventilation, a 10-way power driver's seat with memory presets, a heated steering wheel and high-intensity discharge headlights.

Horoscopes

♈ Aries
March 21 - April 20
Having given your word about something, you can't break it because circumstances have changed and it suits you to change too. If you do, your reputation will head south fast, and so will your finances.

♉ Taurus
April 21 - May 21
Listen to your instincts today and do what they tell you. If you ignore them and lose out in some way, you will only have yourself to blame. Your inner eye sees everything.

♊ Gemini
May 22 - June 21
You're not the type to follow the same path as everyone. You like to blaze a trail and that is exactly what you should do today. Some will criticize you — mainly out of envy.

♋ Cancer
June 22 - July 23
If you must work almost non-stop, at least make sure you are working for yourself and not for people who benefit from your efforts. Better still, find a way to cut back on what you are doing. Put your wellbeing first.

♌ Leo
July 24 - Aug. 23
You cannot change the world but you can change your own attitude — and that will be a thousand times more productive. Your ultimate responsibility is to yourself.

♍ Virgo
Aug. 24 - Sept. 23
You want to be on the move and very soon you will be. Today, though, spend time checking and rechecking your plans, just in case you have missed something.

♎ Libra
Sept. 24 - Oct. 23
Do what your instincts tell you is right, even if it means you stir up powerful forces that see you as a threat. And don't listen to those who say the old ways are the best. What they mean is they benefit from them.

♏ Scorpio
Oct. 24 - Nov. 22
You want to protect your privacy but you also want to get out in the world. Somehow you will have to reconcile these two driving principles. Learn to compartmentalize your life.

♐ Sagittarius
Nov. 23 - Dec. 21
You know exactly what you want to be doing and exactly what you ought to be doing and for once the two coincide perfectly. Both at home and at work life will be easy today.

♑ Capricorn
Dec. 22 - Jan. 20
You may be impatient to start something new but the planets suggest that for best results you should leave it a day or two. The approaching eclipse will focus your mind and your energy with laser-like intensity.

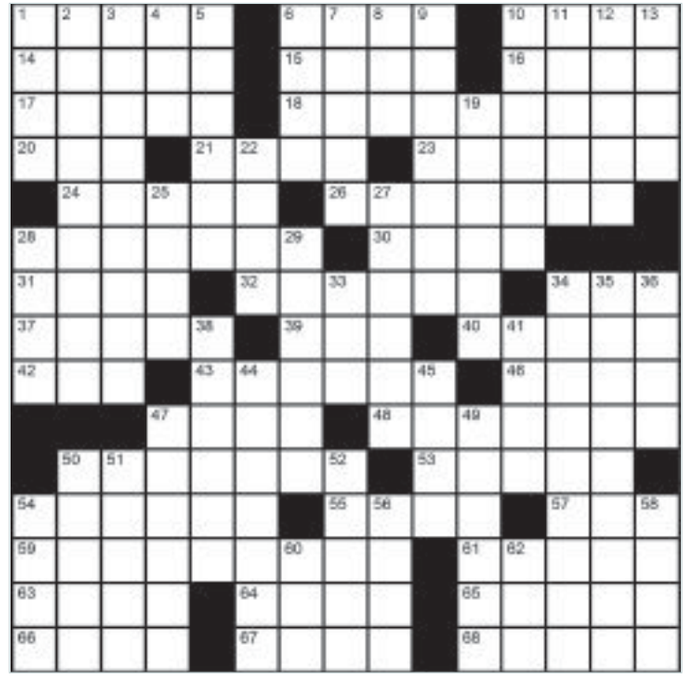
♒ Aquarius
Jan. 21 - Feb. 19
What can you do to make the world a better place? Be a better person. That may sound a bit too simple but really it's the only viable course of action if you want to make a deep and lasting difference.

♓ Pisces
Feb. 20 - March 20
You may be tempted to go public with news that makes a rival look bad but don't be too hasty. Do they know things about you that you don't want revealed? If so, think again. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



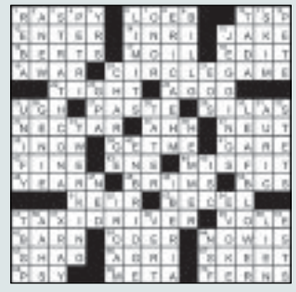
Across

1. Mischief manufacturization
6. Madrid 'water'
10. Pepper __
14. Pantheon of Norse gods
15. "..._ _ digress..."
16. 'Hypn' suffix
17. Ms. Stanger of "The Millionaire Matchmaker"
18. Labatt Blue, for one: 2 wds.
20. Coming-in-plane, e.g.
21. Potato chip brand
23. Skillfully sidesteps something
24. Sushi shapes
26. Operating Room professional
28. Artist of 1905 painting Woman with a Hat
30. Subatomic particle
31. Burden
32. Scarf-like garment
34. Detectives, for short
37. Monsters
39. Law: French
40. "Home __" (1990)
42. TKO caller
43. Uses Twitter
46. Sky bear
47. Yes
48. Saskatchewan city since 1882
50. Judicious
53. Songbook standard: "You __ __ Sunshine"
54. Suspect stories
55. Maori warriors' traditional war cry/dance
57. Traditional tree
59. Where to deposit a vote: 2 wds.
61. Q."It's half past __ __ my watch, what does yours say?" A."Three o'clock, it must be fast."
63. Gawk at
64. Highway division
65. Singer Ms. Gorme (b.1928 - d.2013)
66. Towards BC
67. Energy units
68. CBC's "Republic of __"

Down

1. "__ Don't Preach" by Madonna
2. Change around
3. Sports stadium surface, sometimes
4. Puny parasite
5. Shrimp-like creatures
6. Donna Mills' role on "Knots Landing"
7. Jeans company
8. Sport-__ (All-purpose vehicle)
9. City near Calgary
10. 'See History Unfold' city in southern Manitoba
11. "Give __ _ __." (Try)
12. Fabric fabricated from flax fibres
13. Flat-screen TVs, e.g.
19. Capital of Colombia
22. Abbreviated aide
25. Ms. Watier of cosmetics
27. Haughty
28. The Tragedy of Othello, the __ of Venice (Shakespeare tragedy)
29. "Don't Walk Away __" by Sam Roberts
33. The Raven poet's surname
34. 'City of the Arts', part of Metro Vancouver: 2 wds.
35. How some canned sardines are packed: 3 wds.
36. Sitcom star Mr. Hayes
38. Painter's abode
41. Gospel scribe
44. Do like Hulk Hogan
45. Drench
47. Rent out your apartment
49. _-__ movie
50. Beach: French
51. Streamlets
52. "__ Song" by Sisqo
54. "Take _ __" by Madonna
56. Cans
58. Leg point
60. Prevent
62. Cheyenne's li'l state

Yesterday's Crossword



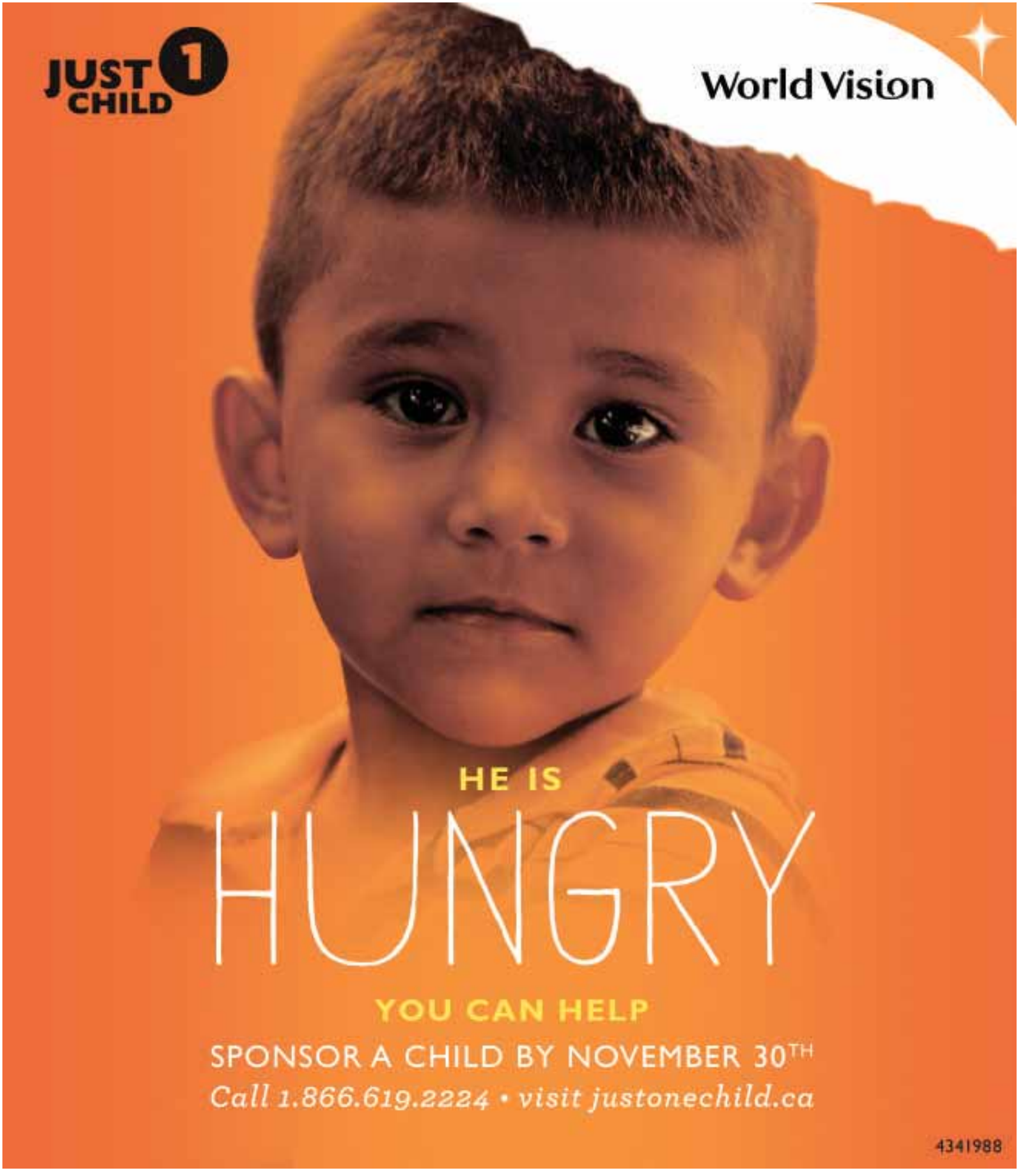
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		2				5	8	
5	4						6	
			5		1	9		
		3			5	1		6
			6		8			
1		9	2			7		
		6	8		9			
	8						3	9
	3	7				8		

Yesterday's Sudoku

5	6	9	3	4	1	8	7	2
4	3	8	9	7	2	6	5	1
7	2	1	6	8	5	3	9	4
3	9	5	4	1	7	2	6	8
2	8	6	5	9	3	4	1	7
1	4	7	8	2	6	9	3	5
9	5	2	7	3	8	1	4	6
8	7	3	1	6	4	5	2	9
6	1	4	2	5	9	7	8	3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